



NORTH BRANCH

Young Men's Christian Association

2300 PARK AVENUE, MONTREAL

A. E. SHAW,

Chairman.

W. J. HOLLIDAY,

Executive Secretary.

R. P. THOMAS,

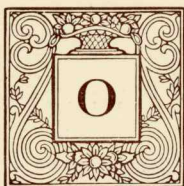
Physical Director.

G. GUITON,

Boys' Secretary.



1922-1923



NE of the newly discovered words of the present day is "CITIZENSHIP," and "CITIZENS" are grown, not made. The Young Men's Christian Association stands in the forefront among those agencies that are serving Canada and the world in the growth of "CITIZENS" of the right type.

Read through this leaflet, and as you do so we believe that you will realize with us the opportunity North Branch presents to the men and boys of this community. You are cordially invited to visit the building at any time.

PHYSICAL DEPARTMENT

Physical exercise is a necessity and not a luxury. Graded work in congenial groups will fit you for the work of life. A well-equipped gymnasium, 40 x 57 feet, Running Track (banked), all classes under expert leadership, merit your personal enquiry. There is a class for you in the following schedule :

PHYSICAL TRAINING CLASS SCHEDULE, 1922-23

GROUPS	Mon	Tues.	Wed.	Thurs.	Fri.	Sat.
Senior School.....	4.15-5.15			4.15-5.15		
Business Boys.....	8.00-9.00			8.00-9.00		
Junior School.....			4.00-5.00			9.30-10.30
Senior Business Men.....		5.00-6.30			5.00-6.30	
Junior Business Men.....		6.30-7.30			6.30-7.30	
Men's Evening Class.....		8.15-9.30			8.15-9.30	
Business Men.....	9.00-10.00			9.00-10.00		
School Leaders' Corps.....						10.30-11.30
Senior Leaders' Corps.....	6.15-7.15					
Business Boys' Leaders' Corps...	6.15-7.15					

In addition to the class work, Basket-ball, Volley Ball, Hand-ball, Base-ball, Rugby, Soccer, Hockey, and other outdoor sports are promoted and supervised.

SWIMMING

Don't drop your swimming now that the lakes and rivers are too cold. A tiled Swimming Pool, 18 x 45 feet, filtered water, with a battery of six showers, make the transition from outdoor to indoor bathing a pleasure. Instruction in swimming if desired.

SOCIAL

It is unnecessary to go downtown for an evening's recreation. Three Bowling Alleys, Four Billiard Tables, or an attractive corner near the open fireplace for a read, game of chess, checkers, or table tennis, will serve as well or better.

EDUCATIONAL

"The mind's the measure of the man." At any rate, it bulks large in our programme of work. Ask for Special Educational Folder giving full particulars of subjects taught by qualified teachers. Special lectures from time to time will be announced.

CAFETERIA

The Cafeteria was a new departure last fall, and is serving a large place in the community. Full meals, *à la carte*, or light refreshments, are served from 7 a.m. to 10 p.m. The Cafeteria is open to ladies.

DORMITORIES

Thirty-one men find a home away from home in the building dormitories.

ULTIMATE PURPOSE OF THE ASSOCIATION

It is, of course, the purpose of the Association that the whole programme should be Christian in its teachings and influence. There are certain definite ways, however, in which the principles upon which the Association is built are brought before the attention of our members. Sunday Afternoon Addresses, Week-night Meetings, Bible Study, Fireside Talks, stimulating interest in Christian work in foreign lands, particularly through the Association, will be emphasized during the coming months.

MEMBERSHIP FEES

SENIOR

Social.....	\$5.00	Regular, 21 and over..	\$12.00
Special Senior, 17 and 18	8.00	Business Men.....	15.00
Young Men, 19 and 20.	10.00		

JUNIOR AND INTERMEDIATE

Junior, 12, 13, 14.....	\$6.00	Intermediate, 15, 16...	\$7.00
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Boys' Department

The Boys' Department aims to provide adequately for the all-round development of its members. This is accomplished in the following ways :

CLUBS

Each boy on joining the Association becomes a member of a Club. The Club is generally the team on the gymnasium floor, and meets weekly for Bible Study, Group Discussions, Debates, etc. "Service for Others" is the keynote of all the clubs. Through the club system boys are enabled to learn co-operation with others and procedure at meetings.

EDUCATIONAL CLASSES

A class in High School subjects for working boys is held every Tuesday and Friday evening. This class is under the direction of Mr. C. E. Poyart, Principal of Alfred Joyce School.

WIRELESS CLUB

A powerful Wireless Receiving Station is installed in the building, and classes for older boys in the construction and operation of wireless apparatus are held every Wednesday evening.

LIBRARY

A Library of over 1000 boys' books provides adequate reading of the right kind for all members of the Department. The Library is open every afternoon and evening.

GAMES ROOM

Two Billiard and one Ping-Pong Table, as well as Checker and Chess sets, constitute the equipment of the Games Room. Tournaments are held weekly.

READING ROOM

The Boys' Reading Room is open all the time, and contains copies of all the best boys' magazines.

GYMNASIUM CLASSES

Schedule of the Boys' Gymnasium Classes will be found on page 3. Outdoor Games and special features are also held from time to time.

BOYS' MEMBERSHIP FEES, SEE INNER PAGE